Subject: Chat with Karen Lancaster
From: Karen Lancaster <lancaster.karen@gmail.com>
To: barriticus@gmail.com

Karen: How are we today?
me: very well, finishing up treatment
Karen: How are you doing with withdrawals?
me: I'm almost done
me: just a little achy
Karen: Does the achiness go away eventually?
me: yep
Karen: OK, good. Maybe call me tomorrow? You know I need to talk to you regularly, okay?